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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 6** | **STRAND: Athletics** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -How to accelerate from a variety of starting positions and select their preferred position.  -How to identify their reaction times when performing a sprint start.  -To continue to practise and refine their technique for sprinting, focusing on an effective sprint start.  -How to select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.  -How to identify and demonstrate stamina, explaining its importance for runners.  -Improve techniques for jumping for distance.  -How to perform an effective standing long jump and perform the standing triple jump with increased confidence.  -Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.  -Perform a fling throw.  -Throw a variety of implements using a range of throwing techniques. | Recap, practise and refine an effective sprinting technique, including reaction time. |
| Build up speed quickly for a sprint finish. |
| Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. |
| Accelerate to pass other competitors. |
| Work as a team to competitively perform a relay. |
| Confidently and independently select the most appropriate pace for different distances and different parts of the run. |
| Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. |
| Develop the technique for the standing vertical jump. |
| Maintain control at each of the different stages of the triple jump. |
| Develop and improve their techniques for jumping for height and distance and support others in improving their performance. |
| Perform a heave throw. |
| Measure and record the distance of their throws. |
| Continue to develop techniques to throw for increased distance and support others in improving their personal best. |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Sprint | Faster speed than a run |
| Hurdles | Barriers to jump over |
| Trail leg | Leg that goes last |
| Lead leg | Leg that goes first |
| Pace | The speed you are moving |
| Take off | How you begin a jump |
| Flight phase | What happens whilst you are in the air |
| Push throw | Where the ball is pushed away from your chest |
| Triple Jump | A jump that combines a hop, step and jump |
| Pull Throw | When arm is pulled back to maximise strength in the throw |
| Vertical Jump | Jumping as high as you can |
| Heave Throw | Ability to throw heavier objects over a distance |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
|  | Practise activities leading up to Sport’s Day  Throwing Games:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703941/How-high.pdf>  <https://www.sportaus.gov.au/__data/assets/pdf_file/0011/703955/long-throw.pdf>  Running/Relay  <https://www.sportaus.gov.au/__data/assets/pdf_file/0003/703929/Get-the-bean-bag.pdf> |